

Claims

sub B2> ~~1. Edible composition comprising (phyto) sterols or derivatives thereof in an amount of at least 0.5 (g) per serving, further comprising carotenoids in an amount of at least 1 (mg) per serving, and wherein at least 20% wt of the carotenoids is in another phase than the majority of the (phyto) sterols.~~

2. Composition according to claim 1, wherein the majority of the carotenoids (at least 50% wt) is in another phase than the majority of the (phyto) sterols.

3. Composition according to claim 1, comprising (phyto) sterols in an amount of at least 1.5 (g) per serving.

9 4. Composition according to claim 1 ~~or 3~~, comprising carotenoids in an amount of at least 2 (mg).

5. Composition according to claim 1, wherein the carotenoids are selected from the group consisting of α -carotene, β -carotene, lycopene or mixtures thereof.

a ~~6. Composition according to ^{claim 5} any of claim 5, wherein the carotenoids comprises β -carotene and lycopene in a ratio of between 1:20 and 1:0.2.~~

7. Composition according to claim 1, wherein at least 20% wt of the carotenoids is present in the form of (partly broken up) chromoplasts and/or chloroplasts.

8. Composition according to claim 7, wherein the majority (at least 50% wt) of the carotenoids is present in the form of (partly broken up) chromoplasts and/or chloroplasts.

9. Composition according to claim 8, wherein at least part of the chromoplasts and/or chloroplasts are present as a part of (intact) plant cells.

10. Composition according to claim 1, wherein at least part of the carotenoids are obtained from tomato, (sweet) peppers (red, yellow or orange), red (hot) peppers, water mellon, carrots, pink grapefruit, or other fruit or vegetable containing carotenoids.

sub C1 > ~~11. Composition according to claim 10, wherein at least part of the carotenoid-containing fruit or vegetable has been subjected to extensive heat treatment (temperatures above 70°C).~~

sub D2 > ~~12. Composition according to claim 1, which comprises (extracts of) processed tomato, capsicum, red peppers, water mellon, carrots, or other fruit or vegetables containing carotenoids, in an amount of 10-99%, based on fresh weight.~~

sub B3 > ~~13. Composition according to claim 1, in the form of a sauce, paste, puree, ketchup (catsup), soup, juice or similar product.~~

14. Main meal, comprising the composition according to claim 1.

15. Process for the preparation of a food product which process comprises (not necessarily in the order given) at least the steps of:

- comminuting to pieces of carotenoid-containing fruit or vegetables,
- heating the carotenoid-containing fruit or vegetables,
- mixing the carotenoid-containing fruit or vegetables with a (plant) sterol or derivative thereof.

16. Process according to claim 15, wherein the carotenoid containing fruit or vegetables comprise tomato, (sweet) pepper (red, yellow or orange), red (hot) peppers, water mellon, carrots, pink grapefruit or extracts or mixtures thereof.

17. Process as claimed in claim 15, wherein the amount of carotenoid-containing fruit or vegetable are chosen such that the weight ratio of (plant) sterols or derivatives thereof : carotenoids in the final composition is between 100:1 and 10000:1.

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